



Redbridge Group

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Cakes, Cakes, Cakes, come taste our tasty cakes!!!!!!

It's Cake Break Month

Join us on **Thursday 18th May 2017** from 2pm to sample a selection of homemade cakes and help us raise vital funds for the running of our centre.

Cakes available to take away and if you cant make it, donations will be gratefully received. Last Year our Cake Break made its way onto the front cover of Team Spirit, let's see where we end up this Year!!



Centre News

❖ **Saturday 6th May - Annual Meeting -from 1pm**

Our Annual Meeting is this Saturday 6th May from 1pm. This is the last Annual Meeting for all members of the Redbridge Group that Dr John Jestico will be present as Chairman. As you all know John has been our chairman (Group Coordinator) for the Last 6 years and under Charity Regulations he now has to step down. We look forward to seeing as many of you as possible to join us in thanking John for all his hard work for The Marjorie Collins Centre. We will be having a gathering after the meeting and would ask

that if you can, could you pop a bottle of Prosecco in your shopping basket this week as a donation towards this event. SATURDAY 6TH MAY @1PM



FRED (OUR HANDYMAN)

Last month we informed you that Fred has now fully retired. We thought that you may like to help us in saying thank you to Fred for all his years of dedication at and for The Marjorie Collins Centre. There is a collection pot in the General office if you would like to contribute towards a gift.

Hot Food server

We would like to say a huge thankyou to our lovely ladies from, For Those in Need, for the most generous donation of our new hot food Server. This will enable us to keep food hot during our larger functions. We thank you for your continued support.

Staff Toilet and Beauty Room

We are now nearing completion of Beauty Room and we are looking to rename it, do you have any suggestions? The plumbing has been completed, John and Carol Harragan have been working to complete the decorating and tiling, all we need is a new name. Please use the suggestion box at the front of the centre if you have a suggestion. All hair, feet and nail treatments will now be in this room.

Drop In Evening

Starting June 1st 17

As from Thursday 1st of June and every Thursday there after (except annual closure) the Centre will be open for you to drop in between 6pm and 9pm, whether you want Support, information, a chat, advice, a cuppa , watch a movie, listen to music or just meet up with friends then Thursday evening is your night. Maybe you know someone who has just been diagnosed or a family that are struggling with diagnosis or you are a carer that wants to meet up with other carers for PWMS whatever your association to MS is, The Marjorie Collins Centre will try to support you.

Fundraisers

8TH April - Easter Egg Hunt!

Despite all our efforts to make this day a huge success unfortunately we had a very poor turnout. Those who did attend had a lovely afternoon with their children/grand children. The sun shone as the children hunted for eggs. We had a bouncy castle donated by Darren and Tina Saunders from, A Mighty Bounce, egg painting, colouring, games, tombola, a raffle and Easter Eggs galore most of which were kindly donated by our members and supporters. Hope to see more of our members, supporters and friends next year.

22nd April -St George's Day Party

Again, a lot of hard work went into this event and whilst it was better attended than prior events, it would have been great to see more of you there. For those who did attend the feed back was good, all enjoyed themselves and loved the entertainment from entertainer Frankie Dean who delivered a good old Knees up! Pictures are available on line.

“**Volunteers** are not paid – not because they are worthless, but because **they are priceless.**”

– Sherry Anderson

Fundraising

Flag Day 3rd June 2017

Flag Day is the only day of the year that Charities can go out onto the streets and collect much needed funds. This year Flag Day is Saturday 3rd June 2017, if you can spare a few hours to support us with this please let Lorna know ASAP. The more collection pots we have out there the more funds we can raise for the centre.

Store Collection 4th - 6th August 2017

Waitrose, South Woodford, have very kindly given us a three day collection pitch on Friday 4th, Saturday 5th and Sunday 6th August 2017. If you can spare a few hours during this time please contact Lorna. Store collections are becoming harder and harder to confirm so this could be our only one this year! The Store is open from 08.00-8.00pm Friday and Saturday and 10-4 Sunday. It may be possible to provide transport.

We are asking for our members to bring in any old stamps. Foreign coins or old gold/silver that you no longer want, it can be damaged or broken. We have a volunteer who is in contact with an antiques dealer who can give us a good price for your unwanted items.

Volunteering

We are still taking applications for the Group Coordinator, if you would like further information about this role, please email Lorna.Lawrence@mssociety.org or Samsam.Abdhullahi@mssociety.org.uk. We still need a cook to join our team of volunteers, if you know someone who could help us on a Tuesday and/or Thursday please let Lorna know. We also have vacancies in Transport (Passenger Assistant), Property (maintenance & grounds), Office (Secretary), Fundraising and Events.

Members and Centre Users contact details.

It has come to our attention that many of you are not receiving notification of our Events and Activities despite us posting, emailing and text messaging. Could you please make sure that we have your current telephone numbers, address and email address so we can keep you updated? Please speak to Sue or Pauline if you need to update your details.

Events:

Quiz Night - Due to a substantial number of our members being unavailable on Saturday 27/05/17 we have decided to postpone this fundraiser. This event is notoriously well attended and we would not want to jeopardise attendance levels. The new date will be confirmed shortly.

Fundraisers for the rest of the year are

Clairvoyance Evening
Casino Night
Volunteers BBQ to celebrate Volunteers Week
Mascaraed Ball
Quiz Night
Winter Bazaar
Race Night
Annual Christmas Dinner and cabaret

DATES TO BE CONFIRMED

Volunteers

As many of you will have noticed Julie Slater our Lead Support Volunteer (amongst other things) has been absent for a number of weeks. Unfortunately due to personal problems Julie will not be back at the centre for some time but, she will be back! and is kept regularly

updated on all matters concerning the centre. Julie is still making sure we are out there in the social media and our thoughts are with her.

If you require any support then please speak to Lorna confidentially, who will be able to help you, alternatively you can call our excellent team of support volunteers at head office.

Telephone number: **National MS Helpline** 0808 800 8000 - Monday 9am-9pm and Tuesday to Friday 9am-7pm .They have a wealth of information at their finger tips.

We would like to welcome Devinder Gharial to the Redbridge Group. Devinder has joined us as a Finance Volunteer.

<u>Centre Activities</u>	<u>Upcoming Events</u>
<ul style="list-style-type: none"> • Sit, Stretch & Flex - Mon 11am-12pm Tues 12.15pm-1pm • Music Appreciation - Mon 10.30am-11am • Card Craft - Tues 2pm-3pm • Bingo - Tues 11.30am -12pm Thurs 12pm-12.30pm • Bocchia - Thurs 11am-12pm • Yoga - Thurs 2pm-2.45pm • Foot Clinic - Thurs 1pm-3pm • Hair Dressing -Tuesday 10.30-13.30 	<ul style="list-style-type: none"> • Starting in June, each Thursday evening will be Drop in Evening 6-9pm • Cake Break Thursday 18th May from 2pm • Race Night - 17th June form 19.00 • Dates to be confirmed for further events.

<u>Birthdays</u>	<u>Special Thanks</u>
<ul style="list-style-type: none"> • Julie Slater 14/05 • Suzanne Ancora 22/05 • Apologise if anyone missed off please update your personal details 	<p>To Rob Tyler our Transport Volunteer for his very kind donation of our new Garden Equipment and for using it 😊</p> <p>To each and every one of you who Volunteer at and Support The Marjorie Collins Wellbeing Centre.</p> <p>Thankyou!!!!</p>

DIRECTORY

MS Society

MS National Centre
372 Edgware Road
London NW2 6ND
020 8438 0700

National MS Helpline

0808 800 8000

Membership

0300 500 8084

supportercare@mssociety.org.uk

Contact DWP

General information

Telephone: 0345 850 3322
Textphone: 0345 601 6677
Monday to Friday, 8am to 6pm

DWP - Personal Independence Payment claims

Telephone: 0800 917 2222
Textphone: 0800 917 7777
Monday to Friday, 8am to 6pm

Dagenham Citizens Advice

339 Heathway
DAGENHAM
Essex
RM9 5AF

<http://www.bdcab.org.uk>

020 8594 6715

020 8507 5969

Barking Citizens Advice

Barking Learning Centre 2 Town Square
BARKING
Essex
IG11 7NB

<http://www.bdcab.org.uk/>

020 8594 6715

020 8507 5969

Redbridge Citizens Advice

Broadway Chambers 1 Cranbrook Road
ILFORD
Essex
IG1 4DU

<http://www.citizensadvice.org.uk/redbridge>

0208 514 1878 (for general enquiries only
- not an advice line)

Newham (East End) Citizens Advice Bureau

20 Freemasons Road
LONDON
E16 3NA

<http://www.eastendcab.org.uk/>

0208 525 6377

SUPPORT GROUPS

Asian MS

A national support group for Asian people with MS, their carers, friends and family.

asianms@mssociety.org.uk

Mutual Support

For serving and ex-serving members of the Armed Forces and Reserves affected by MS, their dependants and carers.

support-team@mutual-support.org.uk

Women Against MS

Confidential support and advice for women who have MS, their carers, families, friends and employers. Currently holding two information events a year

info@womenagaistms.org.uk

020 8542 1712

CLASSIFIEDS

Accessible caravan

The North Surrey group has a two-bed accessible caravan with full veranda and wheelchair ramp access available for holiday hire based at Church Farm in Pagham, West Sussex.

The Rio Willoughby is a comfortable and stylish caravan specifically designed with the needs of wheelchair users in mind. It has a spacious lounge/diner, a kitchen with lowered work surfaces, a bathroom with walk-in shower and two bedrooms.

Church Farm is a 5* Haven site with a great entertainment schedule and two swimming pools. For further information, please email mscaravanpagham@hotmail.co.uk

Holiday lodge

The North Norfolk group run a Holiday Lodge at Burgh Castle, near Great Yarmouth, Norfolk, for people with MS, families and carers. The lodge sleeps six with a bed-settee in

the lounge, a twin room with en-suite shower and a double room with overhead hoist running into wet room.

The cost is from £300 - £600 per week from Saturday to Saturday for 6 people, and includes all passes for Park.

For Park amenities please visit www.parkdean.com. For availability ring Dave on 07793414874 or email dandm4sc@btinternet.com.

Holiday lodge and bungalow

The Bexley & Dartford group have a holiday lodge for people with MS and their families at Shorefield Holiday Village, Milford on Sea, near Lymington, Hampshire. The lodge is fully adapted for disabled people and wheelchair users, and has a master bedroom with en-suite shower room and hoist, a twin room, bathroom, and lounge/kitchen area with sofa bed.

The group also have a detached two-bedroom bungalow at Eastbourne, Sussex, on a peaceful private estate close to Sovereign Harbour. Fully equipped (no fixed hoist) for people with MS and their families and furnished for 4/6 people.

For enquiries or bookings for both properties, please contact the Bexley & Dartford group on 0208 306 7050 or email bexley@mssociety.org.uk

Accessible caravan

Norwich & District group has a two-bedroom accessible caravan for hire at Haven's Hopton Holiday Village which is 5 miles from both Great Yarmouth and Lowestoft, Suffolk with a brilliant sea view. For park amenities please visit www.haven.com/hopton

The cost is from £200-£400 per week Friday to Friday for 6 people, which includes passes for the leisure facilities. For availability or further information, please ring 01603 488561 or email mscentrenorwich@gmail.com

Holiday flat

The Clydebank group has a two-bedroom ground floor flat which sleeps up to five people in the beautiful town of Largs on the West coast of Scotland, for people with MS, families and carers. Along the street from the famous [Nardini's](#) ice cream parlour the flat has a wet room and access to a small enclosed back courtyard.

The cost is from £150 per week. For amenities in Largs please visit www.largsonline.co.uk. For availability contact the group on 07804 864 936 or clydebank@mssociety.org.uk.

The Simpsons Characters

A	R	Y	R	H	M	R	P	Y	O	M	U	Y	A
L	R	S	M	O	O	C	E	T	T	C	S	T	S
N	P	H	S	M	L	T	T	U	T	A	N	T	I
E	A	I	H	E	Y	O	P	N	S	R	R	A	D
D	H	A	T	R	E	A	P	E	O	L	U	P	E
M	H	U	M	C	N	K	B	L	A	U	B	R	S
R	S	B	L	M	R	O	E	S	U	C	R	R	H
H	A	O	A	U	A	A	E	O	A	A	M	A	O
M	W	S	S	R	B	R	S	N	P	Y	T	L	W
O	O	T	T	R	T	I	G	I	E	R	L	P	B
E	Y	L	M	A	R	G	E	T	L	T	E	H	O
E	O	S	E	A	W	I	L	L	I	E	N	R	B
E	R	P	U	I	S	Y	O	T	T	E	N	R	P
O	L	S	R	E	H	T	I	M	S	A	Y	O	I

- CLETUS
- KRUSTY
- SMITHERS
- WILLIE
- CARL
- NELSON
- SIDESHOW BOB
- BART
- LENNY
- MOE
- MR BURNS
- HOMER
- PATTY
- OTTO
- APU
- RALPH
- BARNEY
- MARGE
- NED
- LISA

Play this puzzle online at : <http://thewordsearch.com/puzzle/13/>

1	5	3		4			7	
		2			1			
	8	4			3	9		
			5	2			8	
			7	8				
6	3				8	1	9	
		9			5		3	
8		1					2	